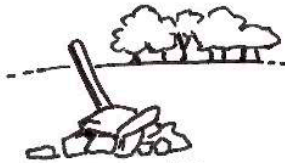


Explore Derbyshire at a DVO Orienteering event in 2017!

Derby 5 Parks Challenge & National Trust Series



Eyam Moor
10 December



Longstone Moor
2 July



Lindop
26 February



Longshaw
30 August



Chesterfield
29 October



Pools Brook
18 February



Hardwick
16 August



Shining Cliff
29 January



40 Acre Wood
21 January



Ilam
23 August



Thorpe Pastures (Dovedale)
1 March



Belper
2 January



Crich Chase
9 April

Wednesday evenings in
MATLOCK
June and July



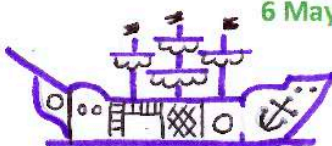
Kedleston
24 September



Allestree Park
6 May



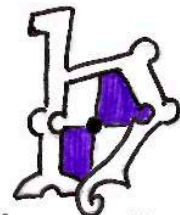
Darley Park
8 April



Markeaton Park
25 March



Calke Park
21 May



Elvaston Park
22 April



15 July



22 July

South Derbyshire Series



Swadlincote
12 August



Rosliston
19 August



DERWENT VALLEY
ORIENTEERS

January 2017
Newstrack



Newstrack is the magazine of Derwent Valley Orienteers

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Welfare Officer	Sue Russell	01773 857318

New Members

Welcome to new club members Barry and Judith Austin M55 & W50, Pete Nash M60, Francesco Lari M50, Richard Patton M45, David Senior M55 and Jill Langley W60 ... see you at an event or Open Meeting soon!

DVO Open Meeting

Wed 5th April, The Family Tree, Whatstandwell, 8pm

All welcome for a catch-up & O discussion! Free parking + tea/coffee. Optional run at 7pm

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Dates for Open Meetings and Committee Meetings

Traditionally club **Committee** meets on the second Tuesday of March, June, September and December so dates are:

7th March
 13th June
 12th September
 12th December

And **Open Meetings** are on the second Wednesday of January, April, July and October (AGM) so next are:

5th April
 12th July
 18th October

(April one moved 'cos clash with Easter; AGM moved due to holiday, but you get the idea).



Membership Renewals 2017

If you have not yet renewed your membership for 2017 then now is the time. You should have received a mail from British Orienteering in November 2016 giving details of how to renew, if you find that mail then that will guide you through the renewal process, alternatively you can go to the British Orienteering website https://www.britishorienteering.org.uk/renew_membership.

Membership of DVO comes with membership of the East Midlands Orienteering Association and British Orienteering and, as such, you will receive orienteering publications from all these organisations keeping you up-to-date with developments and future fixtures. You will also be able to enter certain more special events e.g. DVO's Club Championships and relay events representing DVO.

DVO never wants to lose any member and as such, if you have not renewed, you are very much encouraged to renew. If you decide not to renew, then you will always be most welcome to re-join at any time in the future.

Editorial

2017 promises to be an exciting year, with lots of events near home or beyond the county line! Sample the atmosphere of the Euro Cities Tour (without leaving the country) in the Bristol City Races in June.

My map/infographic obsession has led me to collect O tops from the entire Midlands (which I now know includes East Anglia) and you can see the full splendour of this on page 27, just before the 2017 O Planner – perfect size for your fridge or diary!

Thanks for this issue's contributions - the next NT will be available at the Crich event on April 9th, so contributions welcome by April 2nd please. Stay warm & motivated!

Sal sal.chaffey@gmail.com



Club Captain's Corner



A bit of news to report that may have escaped your attention. Many competing at the recent Thoresby North event (I'm not going to dignify it by calling it The Dukeries; I prefer to call a spade a shovel) may not have been aware that they were in fact also competing on behalf of DVO in the Robin Hood Trophy. I'm sure there are rules and if I tried to find out what they were, I could, but the main outcome for DVO is that we were again the top East Midlands club (but we knew that anyway, didn't we?). Unfortunately SYO are not in the East Midlands and they were at Thoresby in force so we didn't win the Trophy. Oh well, it's one less piece of silverware to clean.

CompassSport Cup Heat

It's not often I ask you to do anything, but can you **ALL** put **Sunday, 12th March** in your diaries next to 'A Jolly Day out in the Lincolnshire Wolds', which I'm sure you've always wanted to visit, because that's the day of Round One the CompassSport Cup. This will be at **Burwell and Haugham Wood**, as organised by LOG. I have to concede that it's a bit of a trek, about 90 miles from Belper, Gateway to the North, but look at it this way, it's only 6 or 7 miles short of the golden sands of Mablethorpe so if the weather's nice, you could risk hypothermia on the Lincolnshire Riviera. (You do kind of wonder if LOG couldn't have chosen a more westerly area).

Entry is through me, not Fabian 4 or similar, and I'm sure someone will eventually contact me to tell me what I'm supposed to do. In the meantime, I shall be moving amongst you in a mysterious way at the next few events to drum up some support for this prestigious competition.

Please don't avoid me when you see me coming. Despite the precedent set by my predecessor, I will not be wearing a pink hat.

The usual suspects will also be in attendance – and in retrospect, it might have been better to designate the Thoresby event as the CompassSport Cup venue, because we shall be re-acquainting ourselves with SYO, NOC, LEI and also NOR. Lucky old MDOC get Simpson Ground to play on. Although, as just mentioned, we were beaten by SYO at Thoresby in the RHT, and soundly too by 66 points to 153, there was not a lot in it in terms of numbers. If you exclude the not-counting-for-CompassSport Cup-anyway White course, where SYO had an impressive 15 competitors out to DVO's single representative (keep it up, George), we were outnumbered only 55 to 66, and it must be farther for SYO to go to Burwell than us.

The good news, particularly if you fancy a weekend in Devon where the final will be held in late October, is that, since SYO were in the Final last time, we only have to come second to qualify this time. However we can't take this for granted since NOC are a lot closer to Haugham than we are, and we only beat them by 2 points in the aforementioned RHT. And we can't let NOC beat us, can we? Well, it's up to you.

The DVO 50% contribution to event fees will apply so you will only have to pay £5.00 as an adult or £1.50 as a junior to compete at a Level B event. What a bargain.

Once the end of Jan has passed, I will also be contacting **JK** competitors to see if they want to take part in the **Monday relays at Pippingford Park**.

Graham Johnson, serendipadeedoodah@gmail.com

Dovedale – Thorpe Pastures Wednesday 1st March

Sounds like a great day out! Early run, followed by lunch at The Old Dog

A chance for those of you free during the week to run on a **brand new area**. In fact worth taking a day off work for. Totally open with barely a tree in sight. Long Orange, Light Green and Blue courses for just £5. Parking at or opposite The Old Dog in Thorpe (previously The Dog and Partridge) with a short walk to the start and finish behind The Peveril of The Peak. Both Thorpe Cloud and the Stepping Stones are on the map but you won't be visiting either – there is already enough climb! Details on the club web site. And by the way, avoid Ashbourne especially when leaving unless you want to watch Shrovetide Football.

This is a Military League/DVO event (hence on a Wednesday), but civilians are welcome!



Club kit

We have O tops, both short sleeve (£23) and long sleeve (£33), warm up jackets (£30) and running vests (£17) all with our distinctive blue and gold contour design. More details on the club web site under Members/Clothing including a link to the Siven site for sizing and fabric details. I have a reasonable range of sizes in stock or will put an order together. Prices may vary depending on exchange rate and size of order.

Mike.Godfree@btinternet.com

British Schools Orienteering Championships 2016

Congratulations to Rachel and Jake, class winners at the British Schools Championships in Sutton Park, Birmingham, on November 20th, the same day as Wirksworth Urban.

Loughborough High School won the Small Secondaries category with a team of 13 runners. Abbotsholme came 4th in this category, two Lake District schools dominating the Large Secondaries competition.



Feedback from DVO's Club Champs Handicapper

A key part of setting the handicap times is assessing the "par speed" of the courses, in other words estimating how fast will the average orienteer be able to run the courses. My definition of an average orienteer is someone who has a handicap of 1.000. For many years the person who most epitomises the average orienteer in DVO has been Kim Buxton, if you need a point of reference (the April 2016 Newstrack will also help).

Stuart Swalwell and Helen Chiswell both ran the Long Course to assess its speed and using that data (and knowing their handicaps) I was able to set the par speed for that course at 15 mins 30 seconds per km. I was pleased to see that this matched exactly the par speed achieved across all of the courses at two previous Stanton events in 2010 and 2014. For that reason I think I got the Long Course tuned fairly well and the relatively close finish between the top protagonists I think show that. The target finish time was 1130 though, so I was erring on the fast side.

The other two courses were clearly not suitable to use with the same 15 min 30 seconds assumption, a fear that I had expressed to Stuart before the event, although not based on the courses he had planned, rather a general comment about where the handicapping might go awry (in my mind it was possible that they might end up being either too slow or too quick). In hindsight I should have asked one of Stuart or Helen to test run one of the shorter courses. This would have revealed the inconsistency and we could have had a closer finish.

I would fully defend however the handicapping as being consistent within each course. The fact that the terrain was navigationally and physically demanding created a wide spread of finish times, probably far wider than on most EM areas from where the handicaps have been derived. I was fully expecting the winner therefore to be an experienced orienteer, so I'm not surprised it was someone like Richard who won.

While not being an excuse, it does seem that the Club Championships each year brings out a high degree of unpredictability in the way people perform, far more than in the rank and file League events. I'm afraid that you are all going to have to behave yourselves a lot better if the handicapping system is ever going to work spectacularly well. I live in hope.

Dave Nevell

DVO vs SYO vs NOC Junior Match at the Dukeries, Jan 8th

	W	M	Total
SYO	498	700	1198
DVO	491	479	970
NOC	96	574	670

OVERALL RESULTS

The best result for each club, on each colour course, was used to calculate the final result. 100 points was allocated to the winning result, then 99, 98, etc, for subsequent places. This meant that each DVO Junior's score was important and helped to contribute to the overall result by reducing other teams' placings.

INDIVIDUAL RESULTS

There were many very impressive individual performances. The winners of each colour course (W&M) were presented with edible prizes:

White	Megan Hill / Oscar Peel
Yellow	Isabelle Groom / Dylan Jenkinson
Orange	Isobel Reuber / Jamie Lightfoot
Lt Green	Rachel Duckworth / Euan Tryner
VS Green	Sophie Vincent / Samuel Davis
Green	Sarah Duckworth / Seb Mobus
Sh Blue	- / Dominic Dakin
Blue	Yasmin Field / Ryan Elliot

Full results are now on the NOC website, including course splits (i.e. the time for each leg of the course, by individual) - always interesting to compare. We will look for another event in the autumn/winter period to compete again.

Ann-Marie Duckworth

O tales from Italy: from new DVO member Francesco Lari

The first entry in the M50 East Midlands trophy is 1988, the very year in which orienteering got to my Italian Region, Emilia Romagna. It was brought to my University Running Club by a chap coming to study in Bologna from the mountain region of Trentino. Orienteering was introduced there at the end of the 70s not by a Scandinavian, but by Vladimír Pácl, a Czech national born 1924 and active after the end of the war in both Rugby Union and Cross Country Skiing (where he won a world university championship), later a manager of the International Ski Federation, and a political refugee in Italy after having supported the Czech spring crushed under the Soviet tanks.

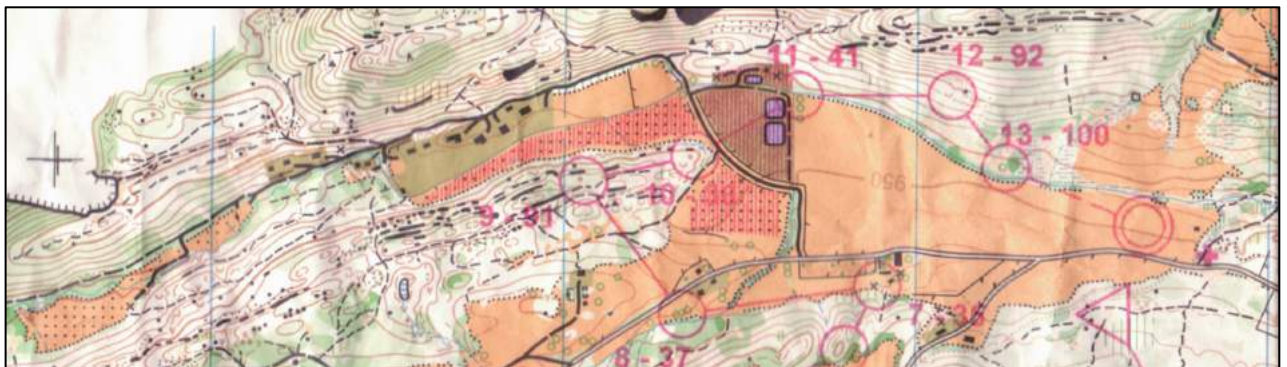
Our friends in the north had just a few years head start on us, and, as often happens, we were very much looked down upon. It's common knowledge that the restrictions on running championship courses (Elite) were introduced in 1990 as a consequence of one of my mates fancying long races and regularly taking 2-3 hours to go around courses that were a bit too technical for a beginner.

Life took me away from Italy from 1990, but I had the bug of orienteering and raced both in California (maps copied in race time, final instructions warning about rattlesnakes and mountain lions), and for a brief period at the end of the 90s with CHIG here in the UK.

When I got back to Italy in autumn 2000 it was just in time to enter the National Champs. I am a 1965, and two of my friends that were the original founders of the Bologna club were 1965 as well, so we entered a relay in M35. One of my mates (the one running elite in his first orienteering year) was a very good runner, with a PB of 31' in the 10K, so the natural choice would have been to put him at first leg, but he was also extremely emotional. We gave him 3rd leg, while I was to start. The start was to a first control at the top of a hill, and as the worst runner it wasn't surprising that I found myself alone at the back of the pack, but I managed to pass the chaps making mistakes and at the end of first leg we were 12th.

Our second man got up to 5th place, and that is where I had an inspiration. I went to call up our emotional chap when the team was announced at the radio control, and I told him that we hadn't made any inroads and to run relaxed to get in the top 10. As a consequence he ran the race of his life, and was extremely surprised when he found us at the last control having no idea of being in the lead. The only man more surprised was the speaker, refusing to believe that we were leading ahead of all the northern powerhouses and ignoring us in the commentating, probably wondering at the 3 idiots pulling a prank in the finish straight!

Part of Francesco's 2000 Italian Champs Relay map - Sella Valsugana



MDOC's John o' Goats event

Pauline Ward

The John o'Goats Charity event is held annually around the New Year at Lyme Park, Disley. There is no entry fee, a donation in lieu goes to various charities. This year it was shared between The Huntingdon's Disease Association and Kinder Mountain Rescue Team.

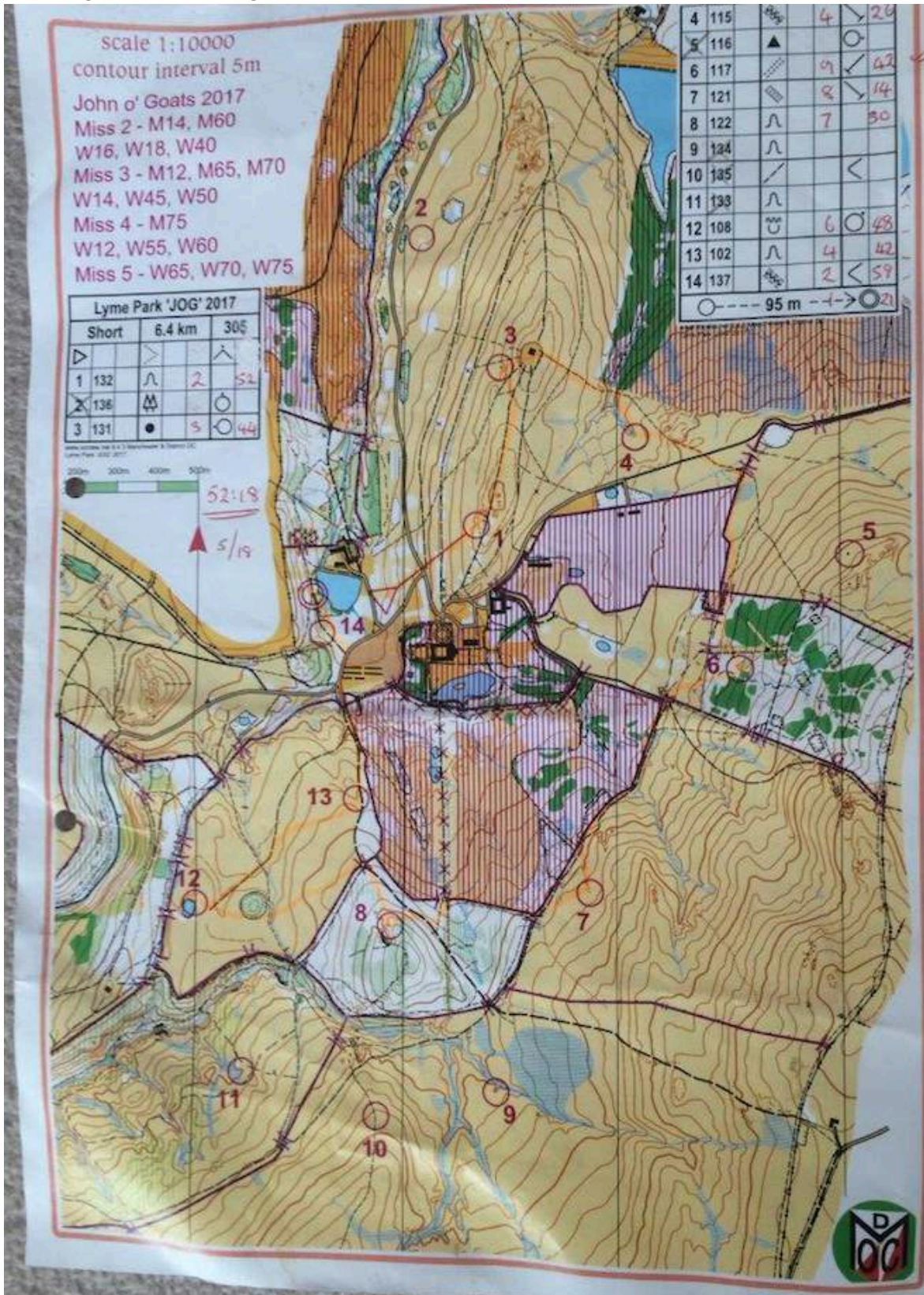
We first entered the event in 2004 and have attended 3 further times including the latest on January 7th 2017. The format is always the same – a nice compact Start & Finish area near the car park and a Mass Start at 11:30 for the 3 courses - Short, Medium, and Long.

Everyone misses out at least one control, number missed dependant on age class, and controls could be visited in any order, but the first and last controls were compulsory. The youngest & oldest competed on the short course, which had 14 controls – see map. W 65 & 70s could omit 5 of these. The first task after the starting whistle is to decide which controls to miss. Trying to decide which would be the optimum route

whilst sprinting to the first control is never that easy! I decided no 2 was too far out, no 5 involved a lot of climb & nos 9, 10, 11 were “outside the circuit”. When I got to no 8, I regretted having to run over almost 1 km of rough tussocks to go there & back for no 12 before heading to 13 & the Finish. Viv McDonald, who was fastest on “Short 5” in 47.50 had visited control 2 early on, and had a much easier route to the Finish – good tactics Viv!

The only podium place for DVO went to Jake O’Donnell who was 3rd on “Short 3” (3rd overall on Short) in 42.09 after omitting controls 9, 10 & 11 – Congratulations!

(The Editor adds: I only became aware of this event in the loo queue at the Dukeries, when I overheard the chaps behind me talking about being in John o’ Goats on the previous day! That’s a long way from Nottinghamshire, I thought ... until I listened on!!)



Pauline's John o' Goats map – tricky decisions with all those contours!

When I first planned an orienteering event, we used paper, pins and coloured cotton thread. We had to measure course distances with a ruler. Things have improved since then. We have personal computers, smart phones, the World Wide Web. We have dedicated course planning software, such as Purple Pen.

We also have '2D Re-run Viewer'.

2D Re-run is a suite of applications developed by Jan Kobach, founder of website 'World of O' for post-race analysis. The Viewer extends those tools to pre-race analysis, that's to say, to course-setting. It allows you to analyse a course, leg by leg, by determining and comparing alternative routes.

How to use it

The application carries reasonably clear instructions on its use. Don't be put off by the many minor functions. I haven't figured them out either. The two most rudimentary attributes - re-orientation of the map and route measurement - are what makes the application so useful. In Step 5 ('drawing the routes'), you are able to view each leg as the orienteer would (or should!) - with the map oriented in the intended direction of travel, something you cannot do in Purple Pen. This true perspective makes it easier to envisage the routes the orienteer may choose to follow. Sometimes the routes you can see when viewing in Purple Pen become less plausible. Once you have determined the possible routes, you draw them, as you would in Routegadget, and the program calculates the total distance.

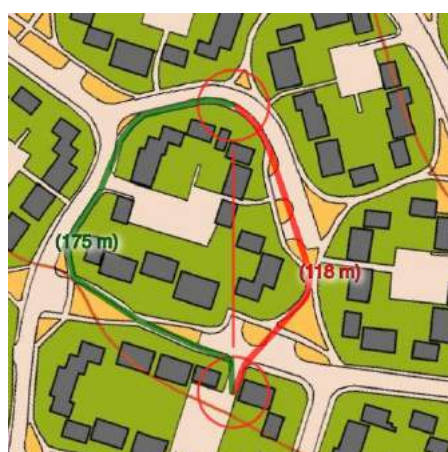
1. **Go to** <http://3drerun.worldofo.com/2d/courseplanning.php>
2. **Load map:** you will need a jpg or png of the map, these can be generated quite easily on request.
3. **Enter scale and dpi:** a jpg exported from OCAD will either be 150 or 300 dpi (dots per inch).
4. **Draw course:** click where you want your controls, in order, adjusting by holding shift.
5. **Draw routes:** this is done in the same way as you enter a (non-GPS) route into Routegadget.
6. **Save and/or export data:** if you use Google Chrome (which is recommended) you can store the data in the browser, otherwise you can download it and upload it again when you want to resume or share, you can also export as jpegs, I use this method most often (see below).

How to apply it

I used 2D Re-run Viewer when planning the EM Champs on Birchen Edge, as well as the recent event at Shining Cliff, but it was used intensively for the Chesterfield Urban event at Holmebrook. It's particularly useful when planning Urban, where route selection is the dominant technical challenge for the competitor. The urban racer wants relentless route choice and this little application really helps you to achieve it.

'When the most obvious route is also the shortest, there is no real route choice.'

There may be more than one plausible route to a control, but that does not mean there is route choice. Route choice only exists when the best route is not immediately apparent.



There are two ways around the block, left or right. Here, the control is placed so the right-hand route is clearly the shortest. Clearly, there is no route choice.



Moving the destination control (top) to the left produces a 50/50 leg, where the two plausible routes are equidistant. There is route choice, but it is not problematic. It doesn't matter which way you go.

Extending the leg introduces more complexity which makes comparing distances more difficult for the competitor as well as increasing the potential for navigational error. This is the option we selected for the Holmebrook event, Course 3, Leg 2-3.



The best route is left: 20-30m shorter and avoiding the small car parks which may present obstacles. Not one of the most challenging legs on the course and yet of the seven routes entered on Routegadget only two chose this option. Those runners were not the fastest in the field, but they arrived first. I think the others may have been deterred by the deviation early in the leg.

You can replay the leg in Routegadget. Under Results, check the 'play' boxes of those who entered their routes. This should bring up a control panel (bottom right). On the panel, there's a drop-down 'Start at' menu, from here, select #2 or better, select 'By control' (at the bottom of the dropdown) - the program replays each leg with dots representing the selected runners. I discovered this option while researching the article.

<http://www.derwentvalleyorientees.org.uk/results/rg2/#86&course=3>

The most obvious route is one that appeals to our biases, such as an easy exit from the control, or a safe approach, or a major thoroughfare in the leg which leads towards the destination (mirroring the purple overprint). Most of the time, these routes should not also be the shortest.

There were several more challenging route choice problems at Holmebrook. A particularly "fiendish" example was Leg 11-12 on Course 3:



It's immediately apparent the school fence will be an impassable obstacle. The eye is then drawn to the access point beyond the destination control and thus the most obvious route becomes the one tracing the left-hand perimeter of the school to reach this point. It also has the advantage of avoiding the complex school buildings. If this route had also been the shortest, or similar in length to the alternatives, there would have been no route choice and a great opportunity would have been squandered. Instead, the placement of the control was selected to give a difference of up to 100m.



The first challenge for the runner might perhaps be to consider whether the extra distance is worth the time saved by not trying to spot the alternative routes. Once an (shorter) alternative has been picked, the question is whether it will pay off. How much will the complexity (in the school) effect your speed or pace? Are you prepared to bet on your navigational skills. Many runners opted for the longer safer route, but those attempting the right-hand variant were (at least according to the routes entered in Routegadget) rewarded.

If you plot the entire course on the viewer, you should be able to arrive at a pretty good calculation of how far the runners will actually have to run and from that you can estimate the likely winning time with a little more confidence. We also used this on Shining Cliff, where previous results had provided contradictory information on appropriate distances for the longest course.

Of course, you can set good courses without 2D Re-run, but it can certainly help. What is more, 2D Re-run Viewer could also improve your orienteering technique. It makes you more aware of the strategies required to deal with the range of tricks and challenges at the planner's disposal. Picking routes and accurately estimating relative distances is a skill elite orienteers work to develop. You will be testing and improving your ability to do this as you plan.

Sports Personality o' the Month



At Byron's Walk in December, **Andy Hawkins** lost his map between controls 6 & 7, and being unwilling to search for it in the brambles he decided it would be quicker to return to the start to collect another map and then resume his run to control 8. Amazingly his 15 minute split from 7 to 8 is not the worst on the course.

Liz and Mike Godfree had a weekend in the north east for the Cramlington UK Urban League. It's a good thing they did, as Liz's 2.7km course took her a mere 23 minutes and 18 seconds. Google Maps gives the journey from Ashbourne as 3 ½ hours!

The Edinburgh Big Weekend Holyrood event was quite mindblowing - 4 maps at 3 different scales on Blue course, run by **Mike Godfree, Helen Chiswell and Richard Naish**. Start on 1:5000, turn over to 1:7500, map exchange to 1:1000 (yes micro O) then turn that over to 1:7500 to finish off.

Richard Naish booking a business meeting in Edinburgh for Monday morning and only then looking to see if there is an O event nearby on the Sunday. By sheer fluke turns out to be the Edinburgh Big Weekend. Most people do it the other way round! (But he did that in Bordeaux too – see NT December 2014 – Ed)

Another coincidence was the world premier of Trainspotting 2 screening with Ewan McGregor & rest of cast, just 9 minutes walk from Richard's hotel!

EMUL 2016 winners at Wirksworth

Congratulations to the DVO winners: Doug, Liz and Francesco. Winners from other clubs were Ben Mather, Ashleigh Howells, Liz Heaton, Karl Marshall, Tanya Taylor, Paul Turner and Hilary Palmer.

Here are the remaining 2017 races:

Sunday 17 June: The Meadows (NOC) (also the EMOA Sprint Champs)

Sunday 18 June: Loughborough University (LEI)

Sunday 20 August: Lincoln City (LOG)

Sunday 8 October: Stamford (LOG)

Sunday 29 October: Chesterfield (DVO)

Sunday 12 November: Shepshed (LEI)

Sunday 3 December: Nottingham (NOC)



FAST exciting
URBAN orienteering

WSC

When Sunday Comes

(Except when it's Saturday or Wednesday)

RDO – Real Derbyshire Orienteers. Fanzine No 20

At the cutting edge of reason

Freddie Starr ate my hamster!

is my all-time favourite headline says top orienteer

Freddie Starr ate my thumb compass (page 4)

Freddie Starr ate the RumpassSport Cup (pages 92-96)

Freddie Starr ate Page 7 (page 7)

My hamster ate Freddie Starr (colour supplement)

(Keep it up and one day you'll hit on a headline that actually has a story to go with it. BTW, you're fired – Ed)

Orienteering – How It Doesn't Work

Extraordinary goings on at the BBC where it has transpired that Kevin the three-toed Hungarian boll weevil, on the run from CLOT (The Commission for Lots Of Trees) and thought once again to be menacing British forests, has managed to record an entire episode of Desert Island Discs without being apprehended. This shocking news only came to light when the programme was recently broadcast on Radio 4 leading to a flood of texts, tweets, and one second class letter demanding to know why Dale Winton had appeared on the show with what appeared to be a very heavy cold and an obsession with wandering around forests eating trees. Young Kirsty, who hosted the show, spoke to our roving reporter Miles Piles.

Piles (for it is he): "Didn't you have any suspicions at the time?"

Kirsty (penseroso): "Not at all, Apart from the fact that he seemed a bit off colour, had a mid-European accent and was a wee bit smaller than I last remembered him, I really had no idea that it might not be Dale Winton who I was talking to."

Piles (incredulously): "But the music choices surely? And all that stuff about eating trees. Didn't you think that was odd?"

Kirsty (enfatico): "God no! You have absolutely no idea how many celebrities come in here and only want to talk about that sort of thing! Trees, trees, trees! Drives me mad! We have to edit most of that out. What we actually broadcast was only the tip of the iceberg".

Piles (without portfolio): "Iceberg?"

Kirsty (lamentando): "Yeah. He went on a lot about lettuces as well. We couldn't put that in the show as well. People would think that was weird."

*Piles (early closing Wednesday): "S**t! Not only trees, he's got a side-line as well. And to think that all this time we were blaming the slugs".*

Kirsty (presto): "Slugs?"

Piles (sighs): "It's complicated. Tell you what, I'll explain it all over a pizza. I hear they do a great Robert Robinson special in the canteen. Back to the studio".

WSC apologises for the bad language in that report. Sorry. People will be fired.

Rumours that Kevin also appeared in a recent episode of Only Connect have not yet been confirmed although we suspect that some of the people on that show are so peculiar we may never know the truth. (*Oh well, you're keeping us in a job – WSC libel lawyer*). For the record here are Kevin's musical choices.

Norwegian Wood.

It ain't what you chew, it's the way that you chew it.

Weevil woman.

On the Trail of the Lonesome Pine.

That Oak isn't Funny Anymore.....

(that's enough for now – Ed)

And other songs by artists such as the Beetles and Spruce Springsteen....

(I said stop that right now – Ed)

As a luxury he also asked for a subscription to Big Lycra....

(You're fired – Ed)

Segue Alert

Hmm, out of a job are we. What better time to consider a new career path. Look no further than BOO (The Big Orienteering Organisation). There are some smashing opportunities available. Why not apply today? No wasters!

Orange Squash Dilution Enforcement Officer. Know your Fanta from your Um Bongo? Good with a dipstick? This could be right up your street!

Podium Safety Inspection Officer. Are you passionate about podia? Good with a wobblemeter? This could be right up your street.

String Course Character Political Correctness Operative. Know your Sponge Bob Squarepants from your Dora the Explorer? Is no print too small for you? This could be right up your Sesame street.

Drug Testing Technician. Know your Sanatagen from your Floradix? Do you want to help us keep one step ahead of the baby boomer Holland and Barrett heads? This could be right up your street, man.

And we have a load more.....Tent peg insertion survey engineer, CLOT liaison co-ordinator, job advertisement writer to name a few.

Details on application. No wasters!

Urbanuary

It seems that BOO's latest brainchild Urbanuary, promoting a range of urban orienteering events throughout the month of January, might be a victim of its own success. So many feet have pounded the streets and pavements of towns and cities up and down the land that some local authorities want BOO to foot the bill for excessive wear and tear on environmental infrastructure.

"It's only fair that those who damage our beautiful town pay up," thundered someone important in Belper, Gateway to the North. "We

can't have our clientele and their guide dogs trudging along pavements reduced to rubble by these orientals".

A BOO spokesman who asked to remain anonymous commented "They are living in la-la land. The BOO coffers are remaining firmly closed over this one or my name's not Eric Slowly. Now excuse me, I'm off to have my Veganuary vegan stew. I find the vegans a little bland but it's nothing that a dash of Worcestershire sauce can't put right".

WSC apologises once again for crossing several taboo boundaries in that report. But you can sleep easy - more people have been fired.

Those of a nervous disposition - look away now!

Congratulations are due to the Naked Orienteer whose selfless services to the meat retail industry have been recognised in the New Year's Honours List. He has been awarded an MBE which, as usual, he has been proudly displaying.

(Let's just pretend that last story never took place -Ed)

Real Derbyshire Orienteers – The Club History

It has come to our notice that the Derwentians have been updating their club history on their website. Do not believe a word! Any history that completely airbrushes every single mention of RDO is not to be trusted. It is nothing more than a litany of elitism, giving no accolade to mediocrity and underachievement, the basis cornerstones of Real Orienteering, as most people know the sport. We will put the record straight! We will tell the truth!

.....WSC is off for a glass of milk and a lie down.



Orienteering takes place in many types of terrain.

Forest, moorland, sand dunes, parks and streets have all been used with great success.

Some events have even taken place indoors.

"Over my dead body" said Mike's wife when he suggested holding the next Galloppen event in their house.

Mike's new patio will be ready in time for the event.

The decision to learn OCAD and take on the mapping of Belper happened in November 2015, and Mike Godfree got me started in January 2016. I worked on the map until June and we batted queries to and fro almost upto the event. Naturally I wanted to plan, but hadn't before. Dave had, so he acted as my mentor (and IT trouble shooter!).

I read Ranald's articles on planning for the different colour-coded courses, all of which are on the Officials help page in the Members' area of the DVO website, as well as Mike's helpful article Purple Pen for Planners. Mike was also a great mentor!

Planning for an Urban isn't quite as involved as for a terrain event in that the easiest UKUL course is Yellow standard (Young Juniors, 12-), the next being Light Green (Juniors, 16-). The Parks Nature Reserve proved ideal for these courses, and I got the 16- course (also targetted at Adult Beginners) onto some very quiet roads as I was keen to give a flavour of Urban, while covered by British Orienteering Rules. These state that Under 16s are not allowed on 'busy' roads with 'significant traffic' so I included Course 6 in the Risk Assessment and we put out 'Runners Crossing' signs as a result (see Rules 11.9.7-11.9.11).

Barry Elkington's article on planning Green-Black courses gives a good step-by-step guide. Courses are built up of good legs strung together, and it's quite an iterative process. You have a map with some technical areas that you want most courses to visit, where course lengths allow this. In future, I can use 2D Re-run to really polish those fiendish legs!

As to getting the courses to the correct length, I looked at the previous New Year's Day event (Ashbourne), and made them a bit shorter to account for the extra climb in Belper. I also ran them all. As well as checking length, you get an idea of any dangerous places that should be avoided, and also how interesting they are. As a result of this, I changed Course 5 so that it visited the intricate housing estate on the north central part of the map.

In fact, the courses were a bit on the short side. I suppose the Mass Start makes for a good chase, and also weather was good, apart from some lingering ice. The tail-enders on Courses 1-6 were taking 80-90 minutes though, so any increase in distance could would have a bigger impact on this.

The Controller's input

When we heard in September that the event was being considered for the UK Urban League, we realised the Controller would need to be somebody outside DVO. Allan Williams of Walton Chasers had offered to control south Derbyshire events, so we approached him before we had confirmation of UKUL status, which wasn't until the end of October. Timings would be tight for an early January event!

The job of the Controller is to ensure quality courses, as well as fairness and safety, and Allan gave great input, especially on the latter. I'd got people running in two directions on some very narrow ginnels, so we got rid of most of those. There are two blind-cornered staggered junctions near St Peter's Church, and one of the draft courses crossed at one of these on the first leg, so that needed rethinking. Bizarre that I could

miss that - you take your life in your hands there, even as a pedestrian!

Purple Pen (the software for planning) is free and very easy to use. One disadvantage (for me) is that it only runs on PC, or on a PC interface on Mac. Dave got me started, but really it's quite intuitive. He also gave me some tips for planning better legs, i.e. adding route choice. Not all legs can offer this, but at least they can set you up for an interesting next leg. On Courses 1 and 2 there was some dead running to



Dave & I in our Thames Valley kit at the 1993 Hungaria Kupa – the first time we met Controller Allan Williams, right. A lot of palinka was drunk!

get into the River Gardens, but people still made mistakes!

I used 52 controls, and Dave hung about half of them – both of us hanging on New Year's Day and the morning of the event. My road crossing was a bit unconventional as there was a 40 second run beyond the crossing to the end of the timed-out leg. I really should have used another control there as the 2 ½ minutes interrupted the flow and allowed competitors to re-bunch. 1 ½ mins would have been enough to just cross the road – and, yes, I did stand at the junction timing the lights' cycle! Alternatively I could have easily got an extra km in elsewhere on the map. However, I was wanted to use part of the map I'd worked a long time on – and one of Belper's prettiest places!

I've thoroughly enjoyed mapping and planning, though I haven't got the patience or experience to map vegetation in sufficient detail, so will stick to Urban. Really, it is lots of tracing of the buildings and streets from a County Council base map, with Google StreetView open on another laptop. Mike imported the contours from the 2001 street O map and did quite a lot of troubleshooting. He also expanded the map in the NE after I handed it back in June ... and mapped the new Aldi store!

As Keith Tonkin says in Dave Nevell's *CompassSport* article (Dec 2016), Urban mapping is "OCAD intensive". Things were checked on the ground, but only after 95% of the computer work had been done. The base map is so detailed as to differentiate between single- and multi-storey buildings and even shows garden sheds and canopy. I'm extending the map to cover Openwoodgate next: the sweeping curves of the 1990s housing merging with older ribbon development along the main roads, on a punishing slope, should make a good area!



A note on marketing

UKUL status meant the event would be well attended, but my plan from early on had been to target local beginners with flyers and Facebook promotion! Fortunately the UKUL postcards brought in the orienteers. Fabian entries were at 247 when they closed, getting another 20 on reopening for a day. The we got a further 60 EODs, bringing numbers up to 327, publishing details of which courses were full in advance on the DVO website and event Facebook page to avoid disappointment.

One of the things that helped make the event more visible was the decision to centre the map on the town centre. The cherry here was the very large free car park at the Coppice, and Number 28 (the revamped Salvation Army Hall on the Market Place), which proved a lovely Registration venue – especially with the EMJOS serving hot drinks and cakes (they made £130, by the way!). No 28 also displayed flyers, and a huge poster in their glass-fronted board, as well as promoting the event on their Facebook page.

Being this visible meant I had to run the event by Belper Town Council who own the Market Place and the car park. I spoke briefly at a meeting in early November and two hours later, got a text from the Clerk saying 'go ahead, good luck'. Amber Valley Borough Council own the River Gardens and the Parks Nature Reserve and wanted to see BO proof of insurance, the Risk Assessment and an all-controls map, but made no objections.

I displayed an enlarged version of the map at a craft fair in Belper Mill in October, wearing my DVO top, and offered a Taster with 7 controls in the River Gardens (Mike had worked-up a 1:2000 A4 map). I got 7 takers, only 1 of whom made it to the event, but everyone was so positive and I realised that locals found the map very interesting. It was then that I decided to use part of the map as the main image in the flyer, and it was Stuart's idea to add a few controls to get the idea across.

It was half-term, so the next day I re-ran the activity (with a bit extra) for 11 members of Belper Harriers (having promoted it on their Facebook page), and a good lot of them ran in the event. (My heart dropped into my boots when I was gripping an SI box on a fence corner next to the river and it slipped off into the water. I ran to the council shed and fortunately one of the gardeners rescued it with a fishing net!!)

We got over 50 newcomers, and the main factor was getting the flyer into the book bags of all 7 to 11 year olds in about 7 local primary schools (1300+). Sometimes the school secretaries had to run it by the

Heads, but generally not as the flyer made it look quite educational. One thing I did have to do was count flyers into class sizes.

Facebook promotion was great and I shared the event to a lot of O and running clubs, as well as Jog Belper, Active Amber Valley and Derbyshire Sport. A lot of my local friends shared the event, and I guess this would have nudged people who had seen the flyer, either around town or in their child's book bag. I also did a blog post with map enlargements that locals would recognise, and shared it on Facebook:

<https://salsultrablog.co.uk/2016/10/15/the-belper-orienteeing-map/>

I got a brief mention in the Belper News pre-event, but front page coverage plus a spread on pages 4-5 afterwards! I'd been careful to be free to photograph both Mass Starts, and emailed these to the paper with a bit of a report and they later rang me for some quotes.

Of course the main thing that swelled overall attendance was the UK Urban Leage status, and that was due to new map/interesting area and the bonus Bank Holiday date. The Mass Start wasn't a problem for UKUL, but meant that the event didn't get BO ranking points (with a Mass Start, the faster runners get that extra 'pull').

Mike collected email addresses from newcomers who are happy to receive info about events suitable for novices, so this group will get details of the Derby 5 Parks Challenge. I'd like to organise more in Belper this year, so will do something for the autumn, maybe a series of evenings as we have the River Gardens, the Parks, and, by then, Openwoodgate to play on.



If you missed or want to re-live the Mass Start, type Belper Urban Orienteering into YouTube to see Tony Udris's headcam footage of Course 2 - described as 'strangely compelling' by a member of Belper Harriers!

2016 – Review of year’s events

Dave Nevell

In comparison to any time in DVO’s history, 2016 was a busy year for events, at least in terms of quantity. In all, boosted by the Matlock and South Derbyshire Leagues, there were 32 which equalled the 2011 number, the highest seen in the twentieth century, if not ever. For the second year running there was no one dominant standout event with the 357 at Longshaw in March recording the highest attendance. Indeed, many of the local league events pulled in less than 20 runners but as those sort of events are more likely to pull in beginners, size is clearly not the only favourable metric.

Under the British Orienteering classification system the events came out as follows:

Level A	0	(0)	Brackets show 2015 figures
Level B	2	(1)	
Level C	6	(7)	
Level D	24	(12)	

Thirteen of the Level D events fell under the auspices of the South Derbyshire or Matlock Leagues, all held between April and August. In fact one day (22nd June) saw two DVO events being held simultaneously, which may well be a first for the club. June was especially busy; seven events took place in a period of just 22 days.

Both Hardwick and Longshaw got used three times (Hardwick for separate day and night events on the same date) but there were also six venues which (by name at least) were used for the first time in a proper event; Repton, The Arc, Staunton Harold, Forty Acre Wood, Oker Hill and Grange Top Wood. Ashbourne and Wirksworth were the two urban venues this year and there was also the seemingly obligatory annual night event (Hardwick).

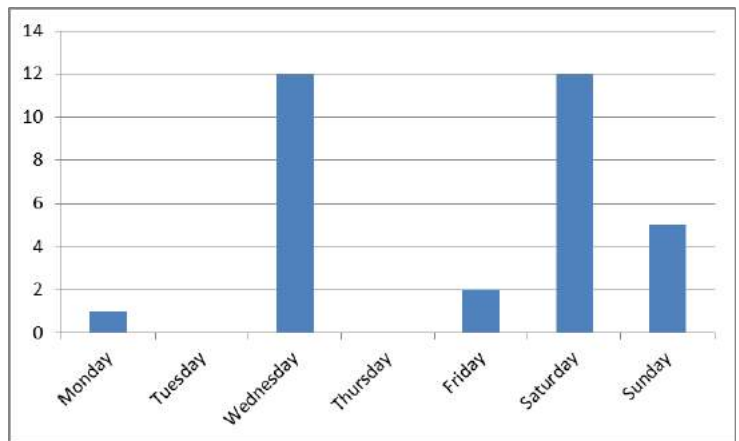
The total turnout for all events combined was 2466, 68 lower than in 2015. Stating this as an overall average of just over 80 (compared to 132 in 2015) is misleading because of the very different make-up of the event profile. The average number of attendees at each event level was as follows (2015 in brackets).

Level B	306	(357)
Level C	181	(238)
Level D	31	(51)

These were split across the weekdays as shown:

Five Sunday events looks like a really small proportion (it is) but all the big events took place on that day, covering almost 50% of the total annual turnout.

As DVO homes in on its 50th birthday, I’m ever hopeful of filling in the last remaining gaps in the event list (mainly minor events before 2001). We are at 631 and counting but the actual figure may be much closer to 1000 by the time 50 years is up.



DVO Club History 2000-16

John Hurley has brought the DVO history upto the end of 2016. It’s a very interesting read with all the technology changes that have taken place! <http://derwentvalleyorienteers.org.uk/members/club-history/>

Webmaster John Cooke has now scanned all the back issues of Newstrack. The 1st issue came out in 1983 and was edited by Steve Kimberley. It seems even then that Mike Gardner was complaining of being unfit (see A Punter’s Guide to Relay Selection)!

<http://www.derwentvalleyorienteers.org.uk/newstrack/Dec1983.pdf>

30 years ago this issue (feb 1987) ...

- John Hawkins and Dave Skidmore were welcomed as new members.
- DVO’s CompasSport Cup heat was in Robin Wood, the 1:7500 map “a 1982 Tony Berwick production and still reasonably accurate.”
- Dave Nevell (M21E) was one of the DVO scorers when we won the Southern Navigators Team Trophy at Ash Ranges (plus Zoe Wilkinson (W17) and Buckley family Kim W11, Alastair M13 & Judy W40).

- The Galloway Karrimoor by Colin MacDonald (other DVO entrants retired).
- The results of an orienteering limerick competition with seven entries from “Clap Trap” and one from Ruth & Hilary Johnson (combined age 7).

And much more; go on, have a read: <http://www.derwentvalleyorienteers.org.uk/newstrack/Feb1987.pdf>

2016 East Midlands Champs, Wakerley Great Wood, Nov 27th

Congratulations to the DVO trophy winners, full results & photos on the EMOA website!

M10 Jake O'Donnell

M35 Andis Ozols

W14 Rachel Duckworth

W18 Joanna Goodhead

W40 Kathryn Griffiths

W55 Kim Buxton

W60 Viv Macdonald

W70 Christine Middleton



A New Running Experience

Michelle Mackervoy

After finding a copy of ‘Runner’s World’ magazine in my Christmas stocking and reading an article about trying a different kind of run, I decided to kickstart my need to get fitter by doing a **Park Run at Markeaton Park**. As we live within 5 minutes walk of the park, I have run round it often. However, I’m not keen on road running or running in crowds so a 5K run round tracks without a map wasn’t an experience I would usually choose for a Saturday morning activity.

On New Year’s Eve there was a large crowd at the start, anticipating the blow of a whistle, then we were off. Running at a constant pace again is something else I don’t usually do. It is certainly a different style of running to what I’m used to in orienteering - there were no stiles, steep banks, streams, marshes, brambles or muddy bits to slow me down, and no map or controls to occupy my mind. I like orienteering because my mind is occupied with the challenge of navigating between controls rather than the aches in my tired legs. Also, as a competitive sport, it is quite a secretive style of running where other competitors don’t necessarily know what your chosen route is, and on the whole nobody else knows how fast or slow you are compared to fellow runners on your course.

Whereas, towards the end of the first loop on the Park Run the only thought in my mind was that I still had to run it all again in the second loop! Also, I knew I was about halfway down the field of a long winding crocodile of runners. My magazine informs me I’m a ‘natural runner’ because I don’t run with any technogizmos, not even a watch, so I don’t know stats about my times, heart rate or distance for a training run. When I set out to run twice round Markeaton Park I was intrigued to find out what my time would be for 5K. In orienteering since the use of dibbers, I get a print out of my time and position as soon as I go through Download. I do like to know these stats and they give me an instant indication of how well I did on my course.

It was quite the opposite experience after finishing the Park Run. I had no idea how fast I had run (no watch, not even a finish clock) or what position I’d come compared to other women in my age class. I had a warm-down jog home, a banana milkshake, a glass of water, a sit down and even a shower before my time was eventually put on the website. For a training run I was quite happy with my time of 29:20 and 52nd female or 9th in my age category. At least it gives me something to gauge my fitness on next time I venture out on my local Park Run; or I could tour the country ticking off different Park Runs; or try to clock up enough runs to get a T-shirt. Overall it is a kind of run I will probably try again sometime, but I think I prefer a good old blast through a wood looking for orange and white control kites!

(the Editor adds: Parkruns have been a huge success in encouraging new runners since their introduction in 2010 & a good few DVO members can be spotted there – or Parkruns up and down the country, if you’re a Parkrun tourist like Andis!)



Event Officials Needed!

The vacancies for the first half of the year are shown, if you would like to fill one of these slots – or something later on in the year - please let Ann-Marie know.

jasrduckworth@btinternet.com

Viv's name is down as Organiser for the 6 Matlock summer Series events, but she would be happy to mentor anyone who would like a go! viv.macdonald@btinternet.com

Date	Venue	Level	Organiser	Planner	Controller
18 Feb	Poolsbrook	D	Viv Macdonald	Ranald Macdonald	NA
26 Feb	Lindop EML	C	Sue Allard	Dave Chaffey	Paul Addison
1 March	Thorpe	D	Sally Calland	Mike Godfree	NA
25 March	Markeaton	D/Derby	Paul Goodhead	Paul Goodhead	NA
8 April	Darley	D/Derby	Ned Needham	Helen Chiswell	NA
9 April	Crich EML	C	Stuart Swallow	Ann-Marie D	Dai Bedwell
22 April	Elvaston	D/Derby		Ben Crane	NA
6 May	Allestree	D/Derby	Dave Bennett	David Pettit	NA
21 May	Calke EML	C/Derby	Sal Chaffey	Doug Dickinson	Mike Gardner
24 May	Highfields School, Matlock	World O Day	Viv Macdonald	Judith Holt	NA
7 June	Bottom Moor	D/Mat	Viv Macdonald*		NA
14 June	Lea Green	D/Mat	Viv Macdonald*		NA
21 June	Whitesprings	D/Mat	Viv Macdonald*		NA
28 June	40 Acre Wood	D/Mat	Viv Macdonald*		NA
2 July	Longstone Moor EML	C		Andy Sykes	Paul Addison
5 July	Oker Hill	D/Mat	Viv Macdonald*		NA
8-9 July	Carsington – maze & Stones Island	Scouts Activation Weekend	Viv Macdonald	Ranald/Ann-Marie	NA
			Extra volunteers needed, pls contact Viv if you would like to help		
12 July	Whitworth Park	D/Mat	Viv Macdonald		NA

East Midlands League - 2016 Winners

The concluding event was Ratby and Martinshaw on December 31st. Well done to the DVO winners, getting 8 or more good scores calls for consistency and perseverance!

Alexa Lindsay (White, F)

Ivan Smith (Yellow, M)

Jake O'Donnell (Orange, M)

Anne Cunningham (Orange, F)

Sarah Parkin (Light Green, F)

Ruth Ellis (Short Green, F)

Liz Godfree (Green, F)

Mike Godfree (Blue, M)

Francesco Lari (as NOC, but hey!)(Brown, M)










Next EML event: **Stapleford Woods**, Feb 5th (LOG)



**THIS
JUST IN**

Congratulations to Sarah and Rachel Duckworth who have been selected to represent England at **Interland 2017** (a 5 way match between two Belgian teams (Flemish and French speaking), the Netherlands, and the French Ligue des Hauts de France de Course d'Orientation (LHFCO). The race will take place at Herbeumont, southern Belgium April 2nd. (Sal was delighted to be selected as W50 reserve, but not travelling to the event)

	How were you introduced to the sport?	How do you feel about your rivals on Blue?	Paths or direct?	Favourite woodland smell?	Post-race snack?
Brian Denness M60	I was taken to Wednesday night training by John Hawkins and it was downhill from there.	I don't really think in terms of rivals and most are so far off as to make recognition difficult anyway. Generally, it's enough competition to simply find the next control.	I'm often tempted by the shortest route, though experience should teach this is frequently a mistake.	Autumn, as the rot sets in. Pungent, earthy and fertile.	I would say crisps and a pint of Landlord, but sadly most events are at a time and place that rules out the Monday and Wednesday first choice.
Stuart Swalwell M65	Read a poster on a notice board. Turned up at an event.	Totally unbothered! 	Direct - more challenging!	Can't think of any in particular.	Home made flap jack (see recipe from Graham Johnson in NT last year).
John Hawkins M55	Little snippets over quite a number of years then someone took me to an event. A few years later a friend suggested we go orienteering, we did ... and I was hooked.	That sod Dave Nevell was always lucky.	Paths. Alistair Buckley demonstrated and convinced me of that. I now, even when competing, think of that and generally err for the path route unless ridiculous.	Wood smoke.	A pint or two of bitter. 
Andrew Middleton M65	By a friend at a running club a loooooong time ago.	Competitive! 	Whichever is quickest but I confess I have a tendency to go straight	Wild garlic	Sandwiches
David Vincent M55	Seeing a NOC event at Rufford	The more the better. I like it when there is someone who usually beats me, but, if I get everything right, I have a chance of beating them.	Round. But sometimes, especially if I've already made a mistake or two, whichever I think will be most scenic.	Wild garlic, pine. 	A Podium beef chilli in taco shell with guacamole.
Mike Gardner M55	At school (sixth form college)	Great to compete against others, especially those who talk to on regular Wednesday sessions (Graham Johnson, Brian Denness, John Hopper) but also many others who have been around for a number of years (Russell Buxton, John Hurley when fit, Mick Lucking (NOC)	As not a top runner it will be direct whenever I can	Bluebells	Pork pie!!
Richard Parkin M45	By my father	Last year had fun racing Mike Godfree in the EM League (Blue), had to run hard and clean to have chance of overcoming the handicap, managed it three times; closely matched with Paul Murgatroyd (LOG) when he turned up.	Heart says 'straight', head goes round; but it really depends on the terrain in between	Salty air - because it means I must be in the dunes or a pine forest by the sea; conversely, I like the smell of bracken, even though I'd rather it wasn't there	Cereal bar, especially with oats and blueberries
Mike Godfree M65	By neighbours who themselves had been introduced through school by Roger Wilkinson.	Keen competition with Richard Parkin on the East Midlands League. Intriguing how the handicapping rules give the two of us a neck and neck race down to the last event of the year at Ratby. Good to compare through the ranking list as well for those in the same age group - my aim is still to be on the first page for M65 (i.e. top 25) not achieved yet and of course it gets more difficult every year as more youngsters come up.	Despite never thinking of myself as a runner, round the paths, especially if that leads to a more certain attack point.	Wild garlic	Banana 
Sal Chaffey W50	A work colleague took us to an event on Ilkley Moor. Hooked after Orange!	Dave Chaffey is my biggest rival if he runs M50s, and I'm always pleased if I beat him by any more than 3 splits!	Paths, I'm a better runner than navigator so I prefer to have a definite attack point	Marsh, reminds me of childhood (favourite pass time: building dens in Sherriff's Wood, Windermere)	Steak & kidney pie
Michelle Mackervoy W45	I was introduced to orienteering when I was 10 by my junior school teacher, Rod Shaw of EPOC. He used to give us map lessons where we would draw basic plans of the school playground to the navigate around - no trees or grass just lots of walls and building corners! Then we would go off site to a local woodland full of giant depressions which helped develop my knowledge of contour features. We had a school orienteering team and we competed in the local schools league events.	I don't often get the competitive bug. I always aim to have a clear run, and a good time/position is a bonus! I do compare my splits with someone like Catherine Hughes NOC or Sal. Further afield I know I've had a good run if I beat Tasha Conway or Amanda Crawshaw.	Nowadays definitely round the paths, even if it's two sides of a triangle! I'm not very fast at negotiating undergrowth or rough terrain.	Fresh pine needles 	Snickers bar or malt loaf
Ann-Mare Duchworth W45	Supervisor at university would not mark my work if I did not make up the ladies relay team for British University O Champs!	I no longer feel competitive so happy to run anyone.	Go direct through the beech wood or moor, but round the paths of East Midlands bramble.	Warm heather	Apple 

DVO Matrix Part 1: Blue & Short Blue (previous page)

One of the great things about the colour-coded system is that it mixes age groups and genders, so as a W50 I run against M16/18s and M65s. As a Junior, you progress through the colours – or come in as an adult at Orange or Light Green – then gently reverse most of that progression as you age.

In 2017 Newstrack is going to speed-interview club members on each course, starting with Blue & Short Blue (as ever, the Editor has aspirations to be a *Guardian* journalist!!).

Apologies if I've missed anyone out; I used the Robin Hood Trophy start list as my mailing list, plus others I normally see on Blue/Short Blue. **Green next time: watch your inbox!**

Puzzle Page

Dave Nevell

Last time round I set a puzzle called Cryptic Clubs. I didn't say it was going to be easy but what with all that vegging out over the Christmas period, I thought that more people would have had time to have a go at it. First the answers with explanations.

1. A dating agency. Ans: HH. Happy Herts? They don't name clubs like that anymore!
2. A king and a master. Ans: OD. Octavian comes from King Henry VIII School Coventry, Droobers comes from the nickname of the master who took the children orienteering in the 1960s (Ted Norrish). Anyone attempting one my cryptic puzzles would surely guess a bit of homework on this most peculiar club name would pay dividends!
3. Fans of ABBA. Ans: SOS. Their second big hit after Waterloo, oddly named after the Essex O club.
4. A flower also found in Yorkshire or Cumbria. Ans: DVO. Not a botanical flower but a geological one. The Yorkshire River Derwent should be familiar to White Rose goers.
5. It sounds like it used to be near a hard place. Ans: BKO. Rock comes to mind which leads to ROC (Reading Orienteering Club) who morphed into BKO some years ago. I've given half a point for ROC.
6. Founded on April Fool's Day, appropriately. Ans: HOC. Harlequins was founded on 1st April 1968 but the name gives it away without knowing that.
7. The sibling club with the greatest latitude. Ans: NN. The most northerly of the Navigators family (Southern and Northern). Originally called Browney Waders, named after a flood. I suspect that would have been a difficult clue to crack.
8. Neighbours who used to be crazy nutters. Ans: NOC. Clearly one of our neighbours, formed from Nottingham Nutters and Crazy Paviers, as quite clearly stated in one of my previous articles on the early history of DVO!
9. Something for the victor. Ans: LEI. As much as HALO is a tempting answer, that wouldn't have been a very good clue. A lei is a garland and fits the bill far better.
10. Four-legged predecessor of SI and EMIT. Ans: SUFFOC. The predecessor is clearly a punch and so a four legged version must be a Suffolk Punch.
11. (Symbol for ruin) OC. Ans: MAROC. Ruin = mar + OC = MAROC. Job done.
12. Looks like Charles and Henry engineered this name. Ans: RR. Engineered is the key part of this clue. Charles and Henry are better known as Rolls and Royce, leading to RR (Roxburgh Reivers).

Three entries in all. On the first attempt John Hawkins got 5½, Jen Gale got 5 and Sal got fewer (I'm not going to embarrass her more than that). Jen then got up to 9 with some feedback. Top points to John then but it is Jen that once again leads the way in the final 2016 table. I hope you enjoyed it, even if you didn't enter. Here are the overall scores (Apologies to John Hawkins and Alan le Moigne who I didn't credit last time for having entered. They scored 2 points and 1 point respectively).

Jen Gale	11	Andy Mackervoy	4
John Hawkins	10	Andy Hawkins	2
Sal Chaffey	5	Helen Chiswell	2
Alan le Moigne	5	Simon Gale	2
Mike Gardner	4	Paul Goodhead	2
Chris Millard	4	Tom Jenkins	2

Off we go again in 2017.

Minute by Minute

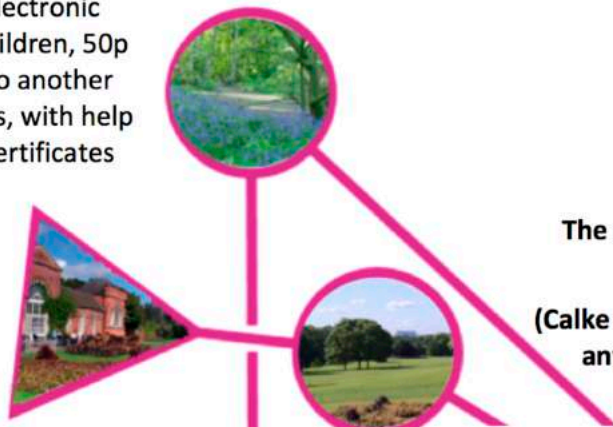
	47	65			70		73
45			67		77		71
			60				F
		50					7
			S		3	12	
				39	15		13
	55					17	
54				37	26		24
	34		29			23	

The latest event at Symmetric Shrubs saw Frantic Fred take 80 minutes to complete his course. The map shows his split times in minutes at each of the 25 controls (the order can be easily deduced). Starting at the Start marked with an S, Fred's route passed through every block of forest exactly once, culminating at the Finish (F). He took exactly 1 minute to make each transition between neighbouring blocks (horizontally, vertically or diagonally). Work out Fred's route and (to make it easier to send an answer) tell me during which minutes did his route first and last pass over itself, assuming that he always travelled by the shortest route between blocks. Answers to dnevell3@gmail.com by the editor's copy date.

Derby 5 Parks Challenge

Arrangements are just being finalised and the draft flyer will be printed soon! We hope to attract some new faces. Please get in touch if you can display flyers or posters in or around Derby, or know of any Derby Facebook groups (families/runners) who may be interested. Thanks! sal.chaffey@gmail.com

Three courses, up to 5km. Electronic chip timing. £4 adults, £2 children, 50p for 2nd map if you want to do another course. Small friendly events, with help for beginners. Badges and certificates for children finding more than 10 controls!

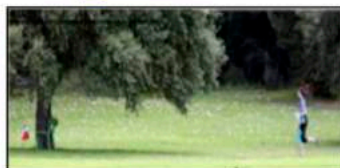


- 25 March **Markeaton**
- 8 April **Darley**
- 22 April **Elvaston**
- 6 May **Allestree**

The above events are Saturdays 1-3pm

21 May **Calke**
(Calke is a Sunday, 10-12noon) Come & try any of the five – no need to book – navigation help available!

Derby 5 Parks Challenge



Get fit and learn to navigate! Race, jog or walk round the control points using an orienteering map. **Take part as an individual or family.** It doesn't matter how young, old or fit you are!



Derby Parks

Discover more outdoors



National Trust



Derwent Valley Orienteers



Details www.dvo.org.uk

sal.chaffey@gmail.com

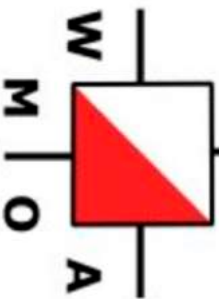
Will you follow or lead?



Midlands Championships

Bentley Woods

26th March 2017



Fridge magnet here!

2017 O Planner



UKOL (UK O League) – best 10 scores from 19 races

UKOL (UK Urban League) – best 7 scores from 18 races (6 for Juniors, 5 for 12-)

EMUL (East Midlands Urban League) – best 8 scores from 15 races (**DVO, LEI, NOC, LOG**)

EMUL (East Midlands Urban League) – best 4 scores from 8 races **Mat** Matlock

Derby Derby 5 Parks Challenge SDS South Derbyshire Series **NT** National Trust Wednesday

February

Sun 5th **2** Stapleford Woods (LOG). New area!

Sat 11th **B** Torver Back Common (Middle, MDOC Twin Peak)

Sun 12th **B** Bleathwaite and Little Arrow Moor (Long, Twin Peak 2)

Sun 12th **3** Harlow Wood, Mansfield

Sat 18th **D** Pools Brook Country Park

Sun 19th **4** Beacon Hill, Loughborough

Sat 25th **UKOL** Great Tower (British Night Championships)

Sun 26th **UKOL** Bigland (Northern Championships)

Sun 26th **5** Lindop Wood

March

Wed 1st **D** Dovedale – Thorpe Pastures. New area!

Sun 5th **6** Silverhill Wood, Sutton in Ashfield

Sun 12th **CSCup** Burwell & Haugham (LOG), see Club Captain's Corner, p. 4

Sun 19th **B** Hugset nr Barnsley (SYO; YHOA Middle Distance Champs)

Sat 25th **Derby** Markeaton Park, updated map!

Sat 25th **UKOL** Rugby Urban (Part 1 of OD's Warwickshire O Weekend)

Sun 26th **UKOL** Bentley Woods, Atherstone. Midlands Champs, CD 19th March



April

Sun 2nd **7**

Sat 8th **Derby**

Sun 9th **8**

Fri 14th **UKOL** Brunel University (JK Sprint)

Sat 15th **UKOL** Ambersham Common (JK Day 1, Middle)

Sat 16th **UKOL** Holmbush (JK Day 2, Long)

Mon 17th **Relay** Pippingford Park (JK Relays, £8; see p. 4)

Sat 22nd **Derby** Elvaston Castle

Sun 23rd **9** Strawberry Hill, Mansfield



May

Sat 6th **Derby** Allestree Park

Sat 6th **UKOL** High Dam (British Long Champs)

Sun 7th **Relays** Summer House Knott (British Relay Champs)

Sun 21st **10 DPS** Calke Park (& Yvette Baker Trophy Heat)

Wed 24th **WOD** Highfields School, Matlock

Sat 27th **B** Long Mynd (Springtime in Shropshire Day 1)

Sun 28th **UKOL** Caer Caradoc & Hope Bowdler – new area! (Sins Day 2)

Mon 29th **UKOL** Brampton Bryan (Sins Day 3)

Mon 29th **UKOL** Matlock O Club

June

Wed 7th **D/Mat** Bottom Moor

Wed 14th **D/Mat** Lea Green

Sat 10th **B**

Sun 11th **EMUL** Bristol Harbourside North & Clifton Wood

Sat 17th **EMUL** Bristol Harbourside East & Temple Quarter

Sun 18th **EMUL** The Meadows (NOC; also East Mids Sprint Champs)

Wed 21st **D/Mat** Loughborough University

Wed 28th **D/Mat** Farley Moor

Wed 28th **D/Mat** Forty Acre Wood



July

Sun 2nd **11** Longstone Moor →

Wed 5th **D/Mat** Oker Hill

Sat 8th **UKOL** Peel Park/Lister Park Sprint, Fat Rascal Weekend (AIRE)

Sun 9th **UKOL** Bradford Urban, Fat Rascal Part 2

Wed 12th **D/Mat** Whitworth Park

Sat 15th **D/SDS** Foremark Reservoir, TBC

Sat 22nd **D/SDS** Staunton Harold Reservoir



August

Sun 30th Jul **B**

Mon 31st **UKOL** Glen Tanar (S6D Day1)

Tues 1st **B** Balfour Forest (S6D Day 2)

Wed 2nd **UKOL** Birsemore Hill (S6D Day 3)

Thurs 3rd **UKOL** Ballater Sprint ("Rest" day!)

Fri 4th **B** Creag Chionnich

Sat 6th **B** Glean Feardar

Sat 6th **B** Glen Feardar



August – after the Scottish 6 Days

- Sat 12th **D/SDS** **Swadlincote Woods** →
 Wed 16th **NT** **Hardwick (Try O, 11-14:30)**
 Sat 19th **D/SDS** **Rosiston Forestry Centre**
 Sun 20th **EMUL** **Lincoln City**
 Wed 23rd **NT** **Ilam Park (Try O, 11-14:30)**
 Wed 30th **NT** **Longshaw (Try O, 11-14:30)**



- Sat 26th **B** **Baxtons Strip (EBOR; White Rose Day 1)**
 Sun 27th **B** **Collis Rigg (all 3 days near Pickering)**
 Mon 28th **Relay** **TBA**



- Mon 28th **Relay** **Abingdon Urban (TVOC)**

September

- Sat 2nd **UKOL** **Hayle Towans (Caddihoe Day 1, Middle)**
 Sun 3rd **UKOL** **Hayle Towans (Caddihoe Day 2, Long)**



- Sun 3rd **C** **Sheffield Centre, South West. YHOA Urban League**

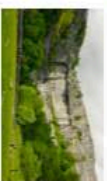
- Sat 9th **Relay** **London City Race (SLOW)**

- Sat 9th **B** **Senior Home Internationals, Northern Ireland**

- Sun 10th **B** **Peter Palmer Junior Team Relay, COBOC**

- Sat 16th **B** **Attermire (Dales Weekend Day 1)**

- Sun 17th **B** **Malham Moor**



- Sun 24th **12** **Kedleston Park** →



- Sat 30th **UKOL** **Campbell Park, Milton Keynes (British Sprints)**
 Sun 1st Oct **UKOL** **Wendover Woods (British Middles; below)**



October

- Sat 7th **B** **Bewick Moor South (NN October Odyssey Weekend)**
 Sun 8th **B** **Bewick Folly & Blawearie (October Odyssey Day 2)**

- Sun 8th **EMUL** **Stamford**

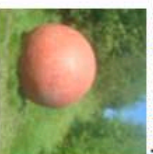
- Sat 14th **B** **Wentworth Castle (SYO; British Schools Score Champs)**

- Sun 15th **13** **Burrough Hill, Meton Mowbray**

- Sat 22nd **CSCCup** **Virtuous Lady, Devon (Final)**

- Sat 28th **B** **Cambridge City Race (CUOC)**

- Sun 29th **EMUL** **Chesterfield Urban** →



November

- Sun 5th **14** **Boundary Wood & Haywood Oaks, Mansfield**

- Sat 4th **UKOL** **Southampton Urban (SOC November Classic)**

- Sun 5th **UKOL** **Highland Water**

- Sun 12th **EMUL** **Shepshed, Loughborough**

- Sun 19th **B** **New Beechenhurst (BOK; British Schls Champs)**

- Sun 26th **B** **Spring Cottage**

- Sun 26th **C** **Ecclesall Woods (SYO)**

December

- Sun 3rd **EMUL** **Nottingham Urban, concluding the 2017 EMUL**

- Sun 10th **Relay** **Castle Vale Urban (NE Birmingham; HOC)**

- Sun 11th **B** **Eyam Moor (East Midlands Championships)**

- Sun 17th **15** **Outwoods, Loughborough**

Entry dates for 2017 major events



JK 2017 (via SI entries) early-bird date now passed. Deadline for Championship courses Sunday 12th March. Colour coded courses 1 week later.

British Individual Champs, 6th May: <http://www.nwoa.org.uk/boc17>

Enter via Fabian

Age Class	Entry Date	19th Dec 2016 – 31st Jan 2017	1st Feb 2017 – 12th Mar 2017	13th Mar 2017 – 9th Apr 2017
Seniors M/W21+	£25.00	£28.00	£30.00	
Juniors M/W20- and students M/W21+	£12.50	£14.00	£16.00	

Scottish 6 Days, July 30th to August 5th (via Fabian)

Age Class	Entry Date	Senior	Junior / Student	Colour Coded Courses	White, Yellow	Orange, Light Green	Green
1 Dec 2016 – 31 Jan 2017	£17.50	£6					
1 Feb 2017 – 30 Apr 2017	£18.50	£7		1 Dec 2016 – 30 Jun 2017	£4	£6	£12
1 May 2017 – 30 Jun 2017	£20	£7					
Entry at Event	£25	£7		Entry at Event	£5	£7	£15



Key: **UKOL** (UK O League), **Relay** (UKUL), **12** (UKUL), **13** (UKUL), **EMUL** (DVO, LEI, NOC, LOG)